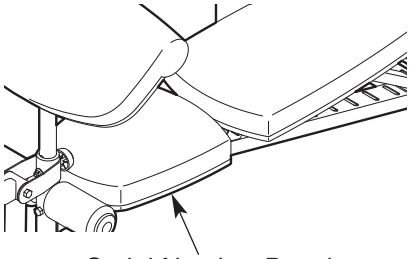
WEIDERPRO™ 340 L

Model No. 831.15925.0
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal
(under the seat)

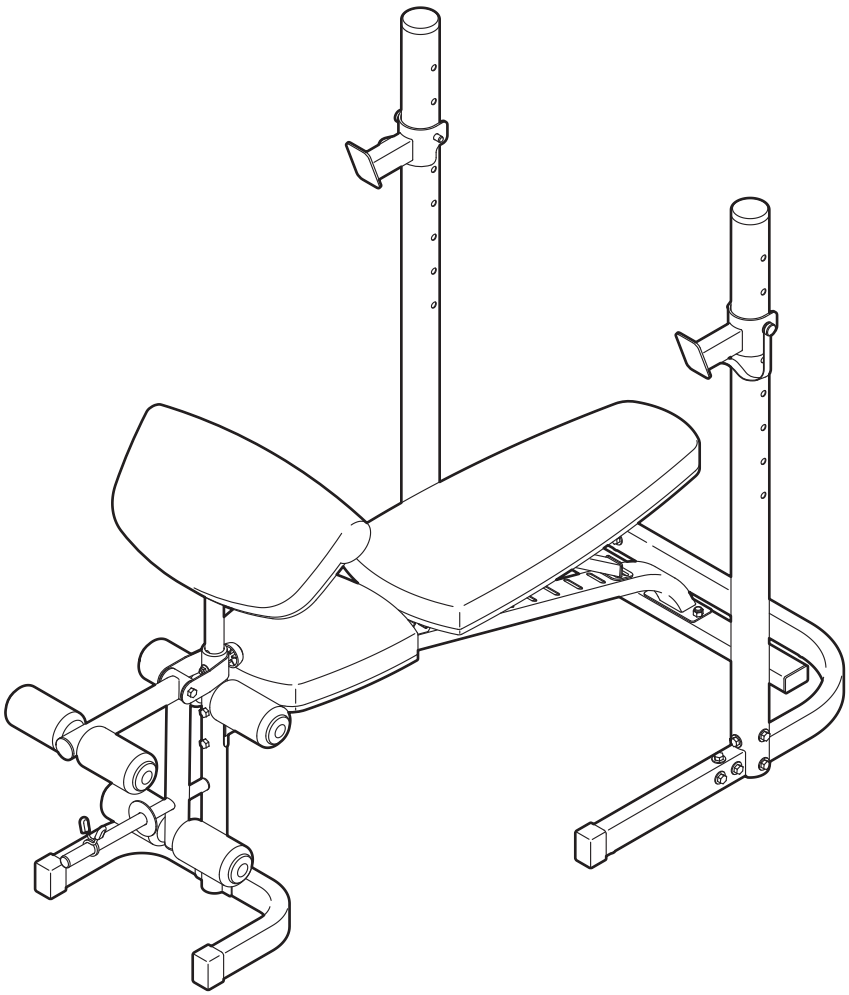
- **Assembly**
- **Operation**
- **Maintenance**
- **Part List and Drawing**

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

WEIGHT BENCH EXERCISER
User's Manual



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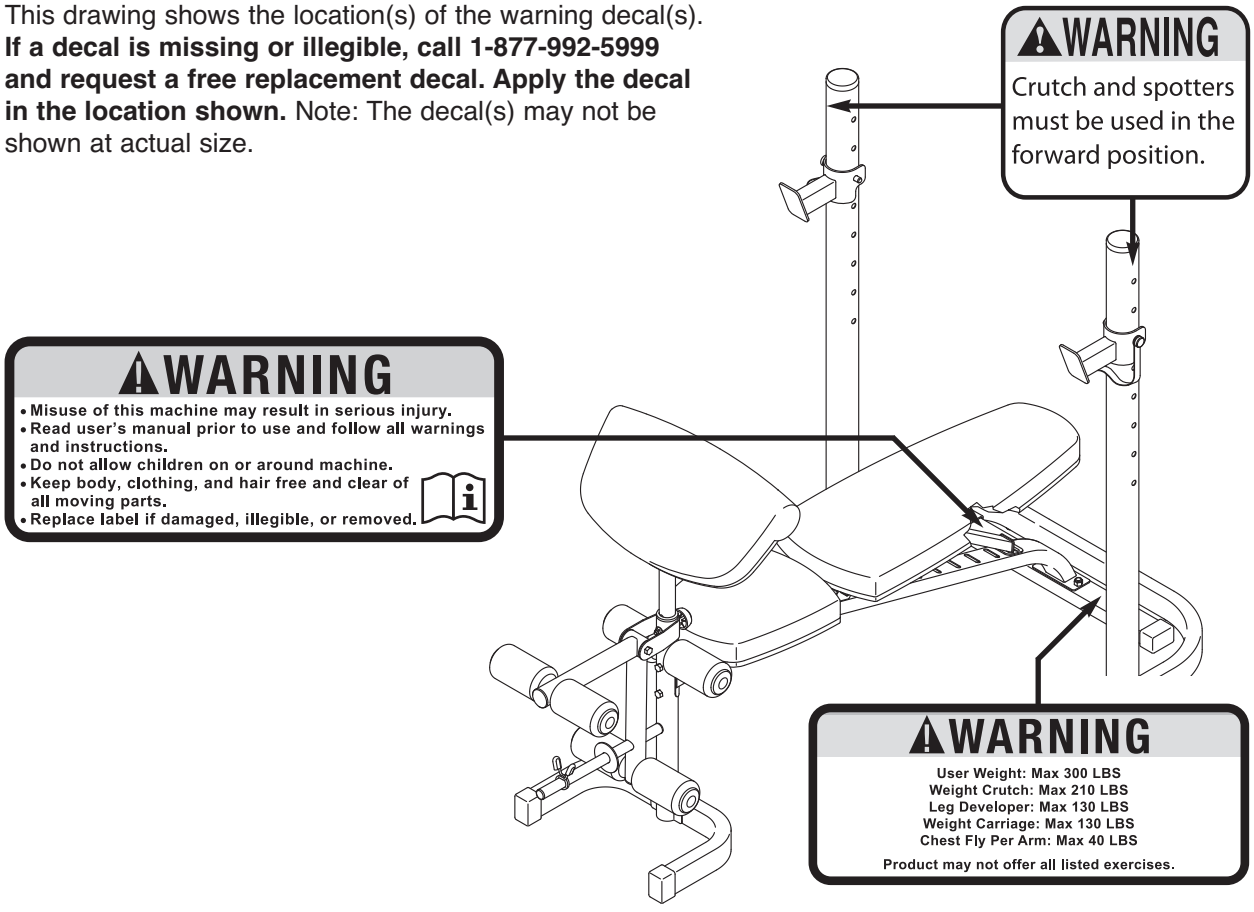
90 DAY FULL WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-877-992-5999 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
Crutch and spotters must be used in the forward position.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.
WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 210 LBS
Leg Developer: Max 130 LBS
Weight Carriage: Max 130 LBS
Chest Fly Per Arm: Max 40 LBS
Product may not offer all listed exercises.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

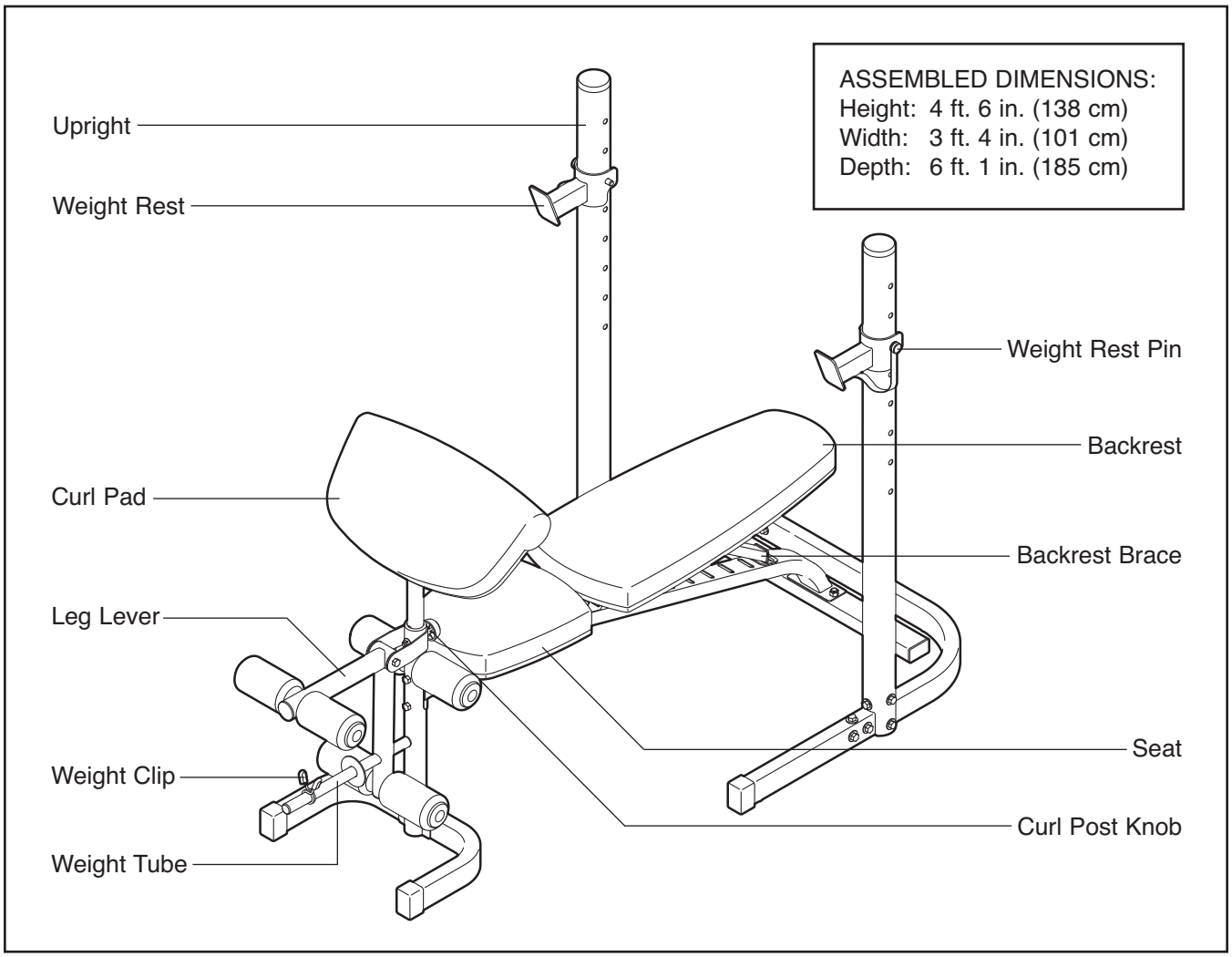
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the weight bench only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
4. **The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.**
5. **Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs (231 kg). Do not place more than 210 lbs (95 kg), including a barbell, on the weight rests. Do not place more than 130 lbs (59 kg) on the leg lever. Note: The weight bench does not include a barbell or weights.**
8. **Always keep children under age 12 and pets away from the weight bench.**
9. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight bench. Wear athletic shoes for foot protection while exercising.**
10. **Always keep hands and feet away from moving parts.**
11. **Before you use the weight bench, make sure that the backrest brace is fully inserted into a slot in the frame.**
12. **Before you use the weight rests, make sure that the weight rest pins are fully inserted through the weight rests and through the uprights.**
13. **Do not use a barbell that is longer than 6 ft. (1.8 m) with the weight bench.**
14. **Always exercise with a partner. When you perform the bench press exercise, your partner should stand behind you to catch the barbell if you cannot complete a repetition.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER PRO™ 340 L Mid-width weight bench. The 340 L Mid-width weight bench offers a selection of exercise stations designed to develop the major muscle groups of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

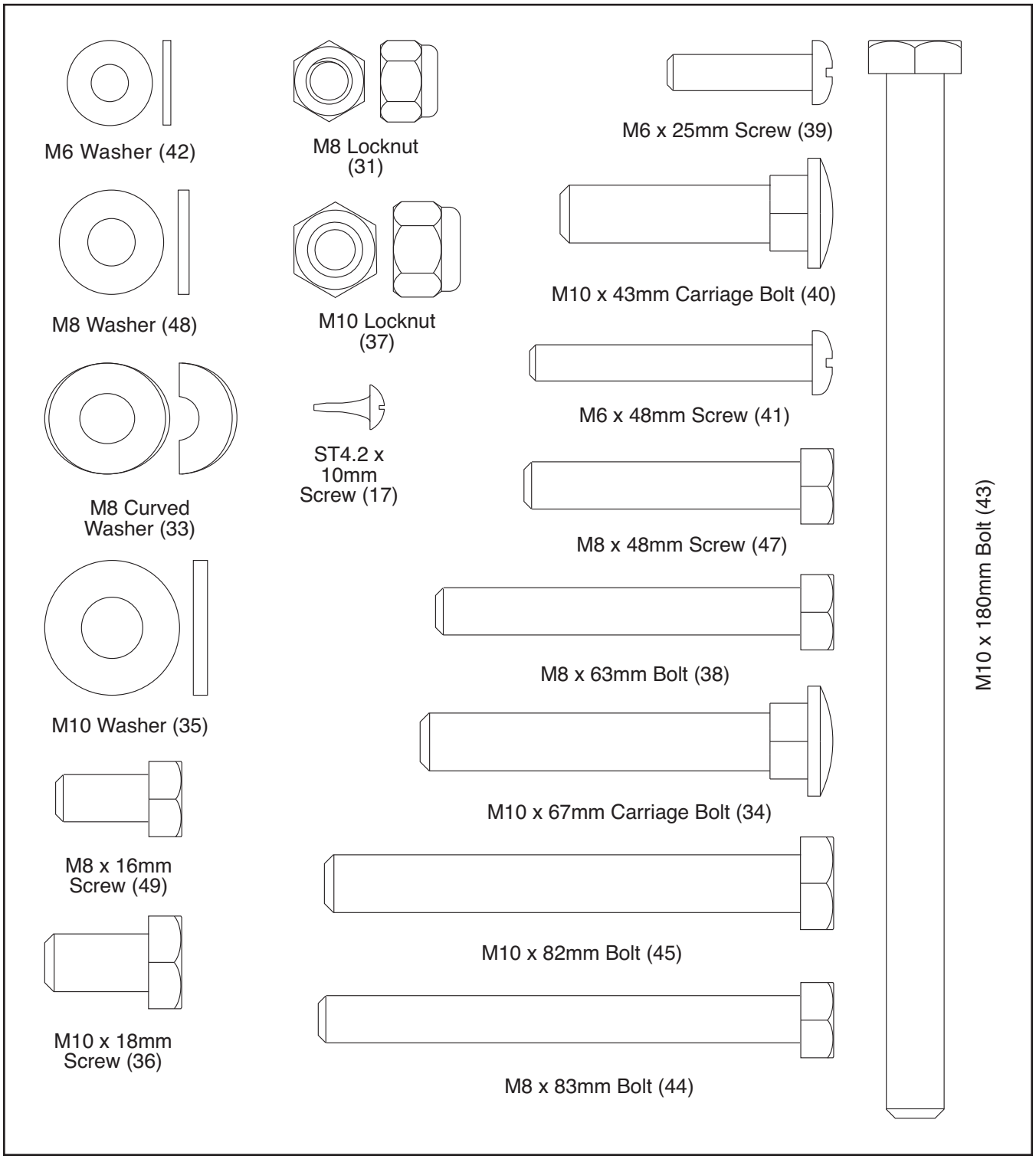
For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled. If a part is missing, please call 1-877-992-5999. To avoid damaging parts, do not use power tools for assembly.**


M6 Washer (42)
M8 Locknut (31)
M6 x 25mm Screw (39)
M8 Washer (48)
M10 Locknut (37)
M10 x 43mm Carriage Bolt (40)
M6 x 48mm Screw (41)
ST4.2 x 10mm Screw (17)
M8 Curved Washer (33)
M8 x 48mm Screw (47)
M8 x 63mm Bolt (38)
M10 Washer (35)
M10 x 67mm Carriage Bolt (34)
M8 x 16mm Screw (49)
M10 x 82mm Bolt (45)
M10 x 18mm Screw (36)
M8 x 83mm Bolt (44)
M10 x 180mm Bolt (43)

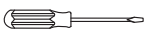
ASSEMBLY

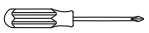
- **Assembly requires two persons.**
- **Because of its size and weight, assemble the weight bench in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.**
- **Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.**
- **To identify small parts, see page 5.**

- **The following tools (not included) may be required for assembly:**

two adjustable wrenches

one rubber mallet

one standard screwdriver 

one Phillips screwdriver 

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

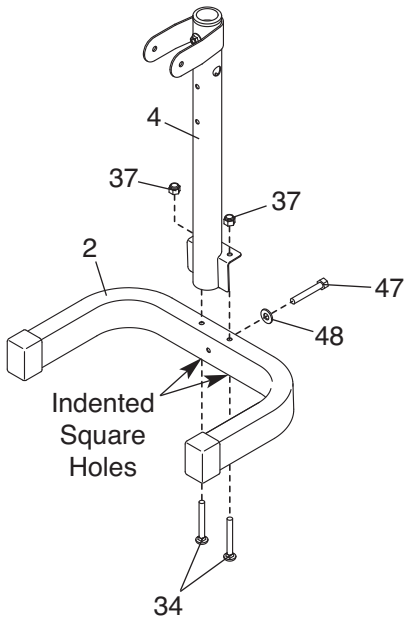
1. **To make assembly easier, read the tips at the top of this page before your begin.**

Orient the Front Stabilizer (2) so that the indented square holes face the floor.

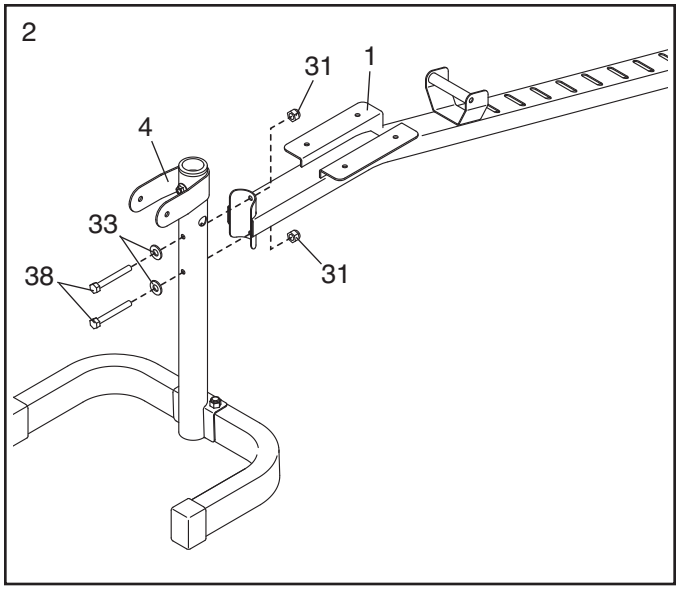
Attach the Front Leg (4) to the Front Stabilizer (2) with two M10 x 67mm Carriage Bolts (34) and two M10 Locknuts (37). **Do not tighten the Locknuts yet.**

Tighten an M8 x 48mm Screw (47) with an M8 Washer (48) into the Front Stabilizer (2) and the Front Leg (4).

1



2. Attach the Front Leg (4) to the Frame (1) with two M8 x 63mm Bolts (38), two M8 Curved Washers (33), and two M8 Locknuts (31). **Do not tighten the Locknuts yet.**

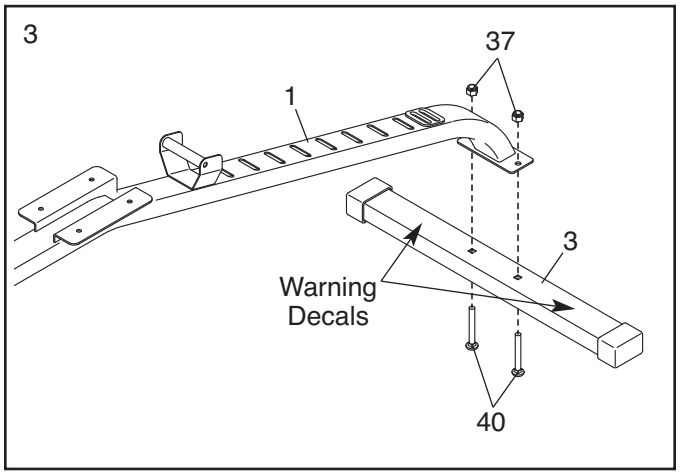


3. Orient the Rear Stabilizer (3) so that the warning decals are facing upward.

   Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 43mm Carriage Bolts (40) and two M10 Locknuts (37).

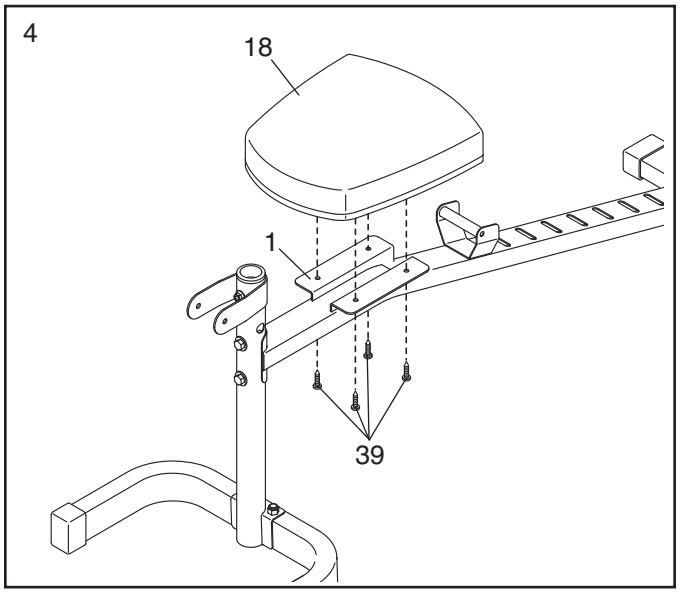
   See step 1. Tighten the M10 Locknuts (37) and the M8 x 48mm Screw (47).

   See step 2. Tighten the M8 Locknuts (31).



4. Orient the Seat (18) as shown.

   Attach the Seat (18) to the Frame (1) with four M6 x 25mm Screws (39).

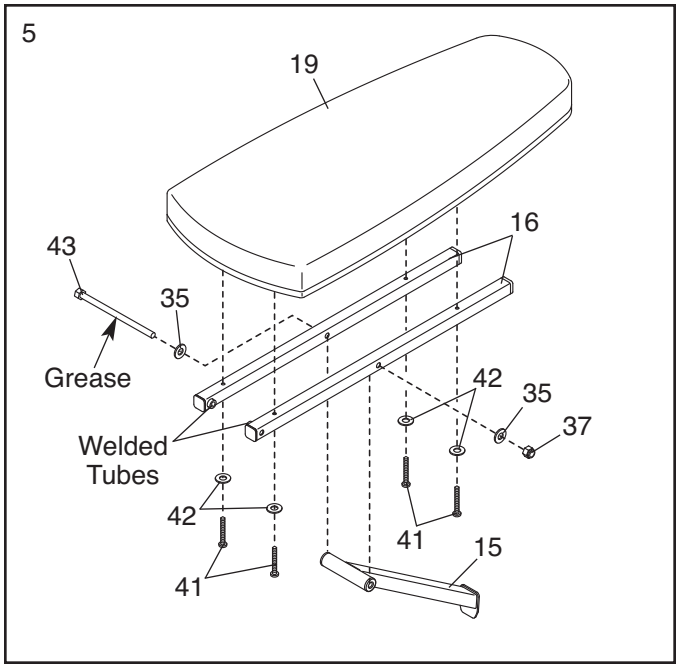


5. Orient the Backrest Frames (16) so that the welded tubes are in the positions shown.

   Apply a small amount of the included grease to an M10 x 180mm Bolt (43). Attach the Backrest Brace (15) to the Backrest Frames (16) with the Bolt, two M10 Washers (35), and an M10 Locknut (37). **Do not tighten the Locknut yet.**

   Orient the Backrest (19) as shown.

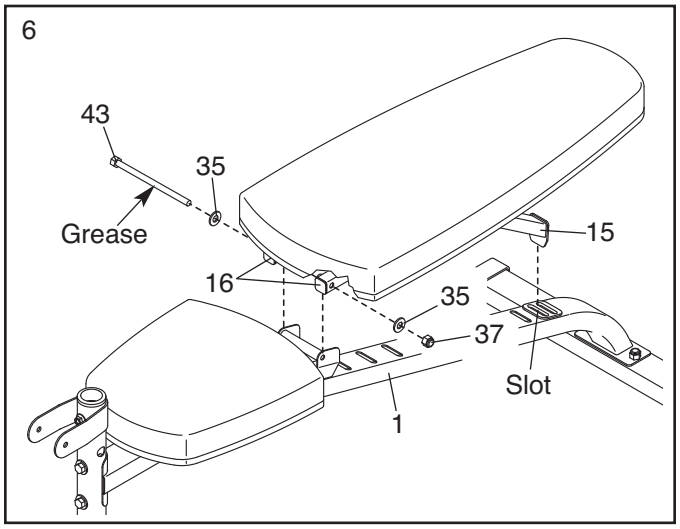
   Attach the Backrest (19) to the Backrest Frames (16) with four M6 x 48mm Screws (41) and four M6 Washers (42). **Do not tighten the Screws yet.**



6. Apply a small amount of grease to an M10 x 180mm Bolt (43). Attach the Backrest Frames (16) to the Frame (1) with the Bolt, two M10 Washers (35), and an M10 Locknut (37). **Do not overtighten the Locknut; the Backrest Frames should pivot easily.**

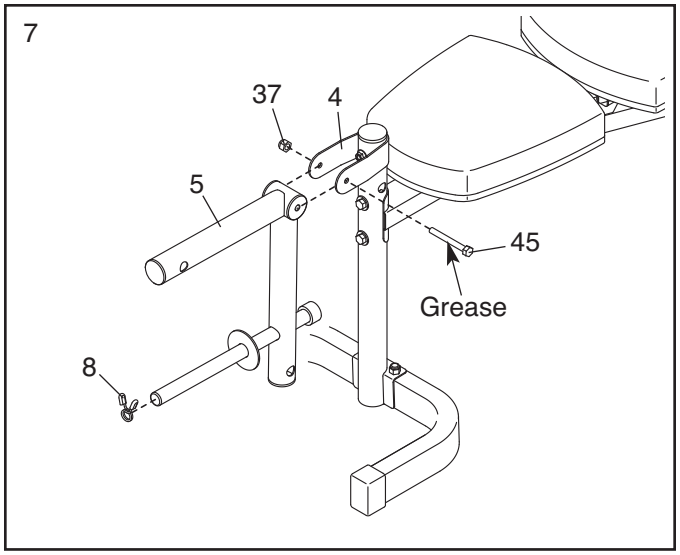
   Insert the end of the Backrest Brace (15) into one of the slots in the Frame (1).

   See step 5. Tighten the M10 Locknut (37) and the four M6 x 48mm Screws (41). Do not overtighten the Locknut; the Backrest Brace (15) should pivot easily.



7. Apply a small amount of grease to an M10 x 82mm Bolt (45). Attach the Leg Lever (5) to the Front Leg (4) with the Bolt and an M10 Locknut (37). **Do not overtighten the Locknut; the Leg Lever should pivot easily.**

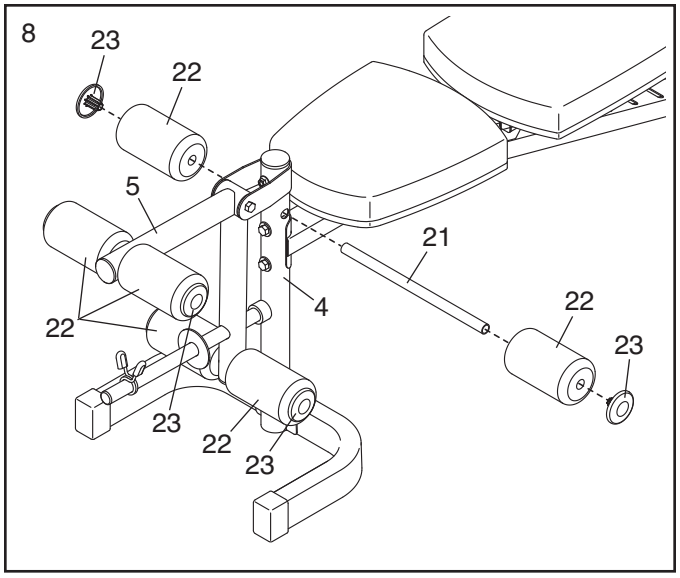
   Attach the Weight Clip (8) to the weight tube on the Leg Lever (5).



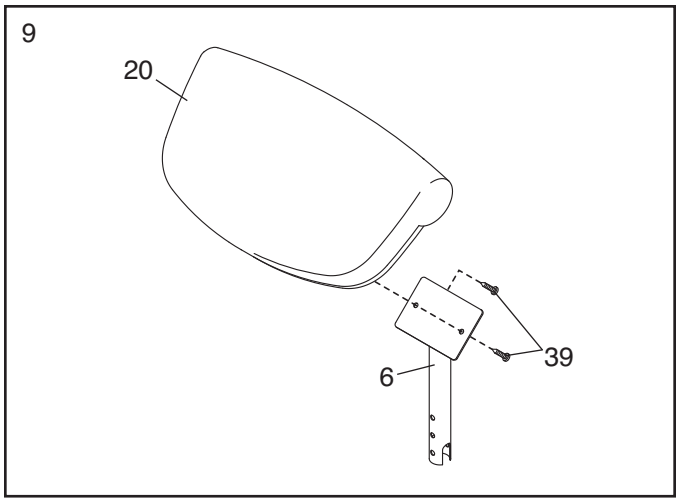
8. Insert a Pad Tube (21) through the Front Leg (4).

   Slide two Foam Pads (22) onto the Pad Tube (21). Then, press two Pad Caps (23) into the ends of the Pad Tube.

   Attach the remaining Pad Tubes (not shown), Foam Pads (22), and Pad Caps (23) to the Leg Lever (5) in the same way.

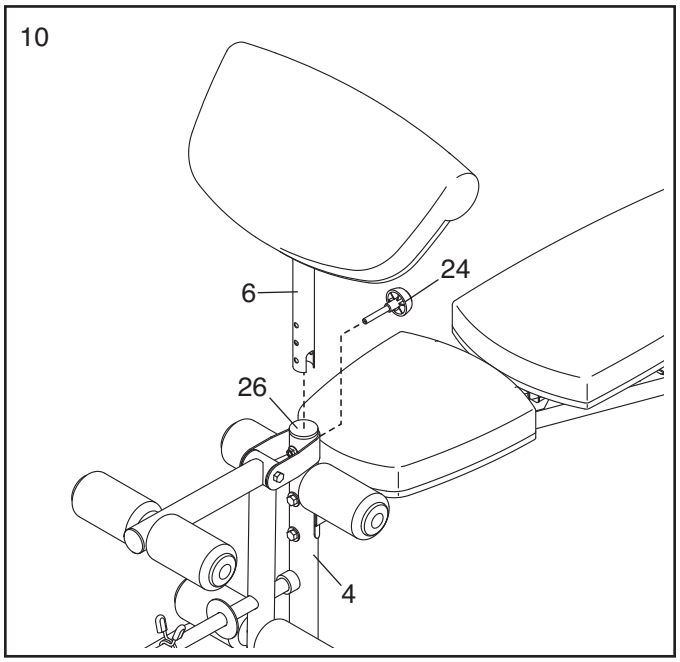


9. Attach the Curl Pad (20) to the Curl Post (6) with two M6 x 25mm Screws (39).



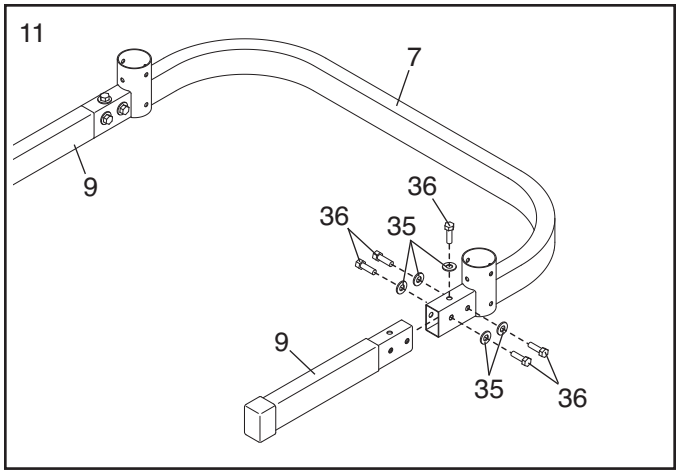
10. Remove the 50mm Round Inner Cap (26) from the Front Leg (4).

    Insert the Curl Post (6) into the Front Leg (4). Tighten the Curl Post Knob (24) into the Front Leg and into one of the adjustment holes in the Curl Post. **Make sure that the Curl Post Knob is inserted through one of the adjustment holes.**



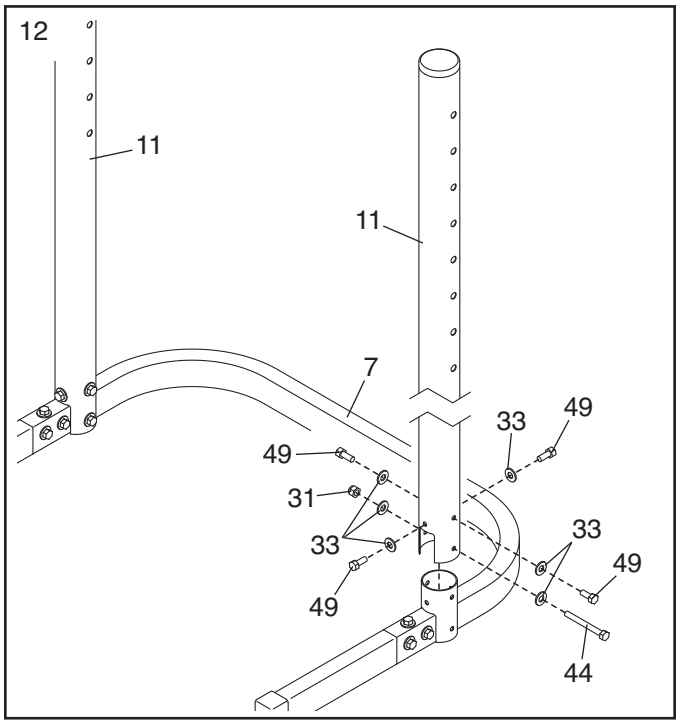
11. Insert a Base Stabilizer (9) into the Base (7). Attach the Base Stabilizer with five M10 x 18mm Screws (36) and five M10 Washers (35).

Attach the other Base Stabilizer (9) to the Base (7) in the same way.



12. Slide one of the Uprights (11) onto the Base (7). Attach the Upright with an M8 x 83mm Bolt (44), an M8 Locknut (31), four M8 x 16mm Screws (49), and six M8 Curved Washers (33).

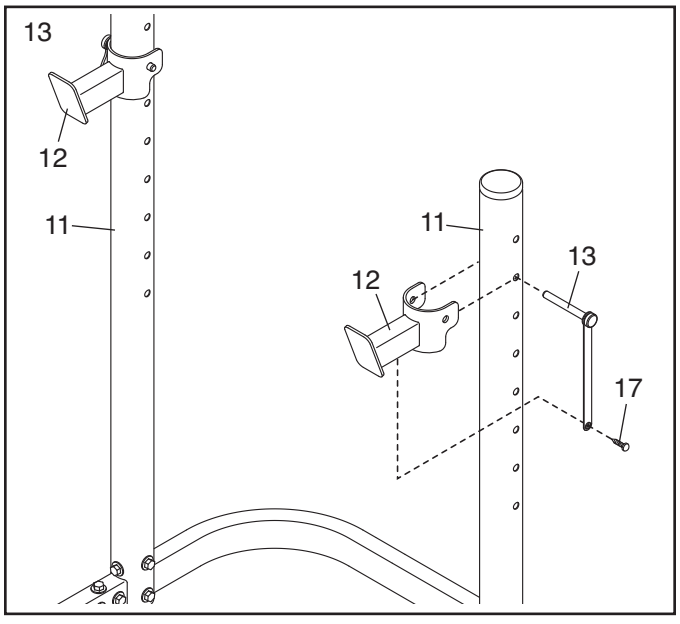
Attach the other Upright (11) to the Base (7) in the same way.



13. Attach the tether on a Weight Rest Pin (13) to the underside of a Weight Rest (12) with an ST4.2 x 10mm Screw (17).

Hold the Weight Rest (12) **on the indicated side** of an Upright (11), and align the Weight Rest with one of the adjustment holes in the Upright. Insert the Weight Rest Pin (13) through the Weight Rest and the Upright.

Attach the other Weight Rest (12) to the other Upright (11) in the same way. Attach both Weight Rests at the same height.



14. **Make sure that all parts are properly tightened before you use the weight bench.**

ADJUSTMENT

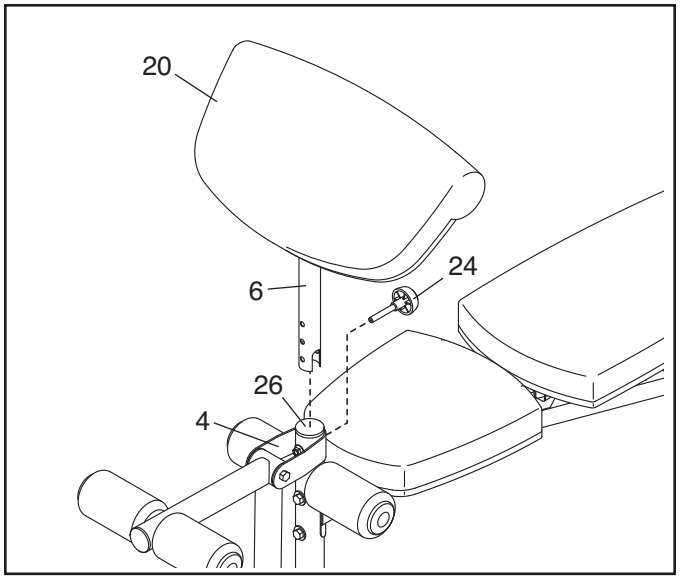
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

USING THE CURL PAD

To use the Curl Pad (20), first remove the 50mm Round Inner Cap (26) from the Front Leg (4). Next, insert the Curl Post (6) into the Front Leg, and tighten the Curl Post Knob (24) into the Front Leg and into one of the adjustment holes in the Curl Post. **Make sure that the Curl Post Knob is inserted into one of the adjustment holes.**

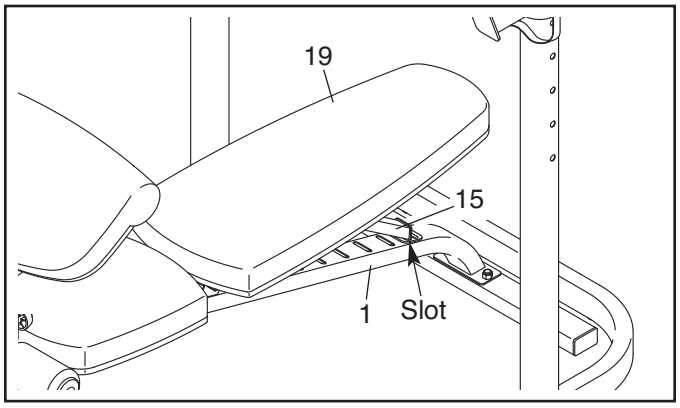
When performing exercises that do not require the Curl Pad (20), remove the Curl Post Knob (24) and the Curl Post (6), and insert the 50mm Round Inner Cap (26) into the Front Leg (4).



ADJUSTING THE BACKREST

To change the angle of the Backrest (19), lift the Backrest and insert the Backrest Brace (15) into a different slot in the Frame (1).

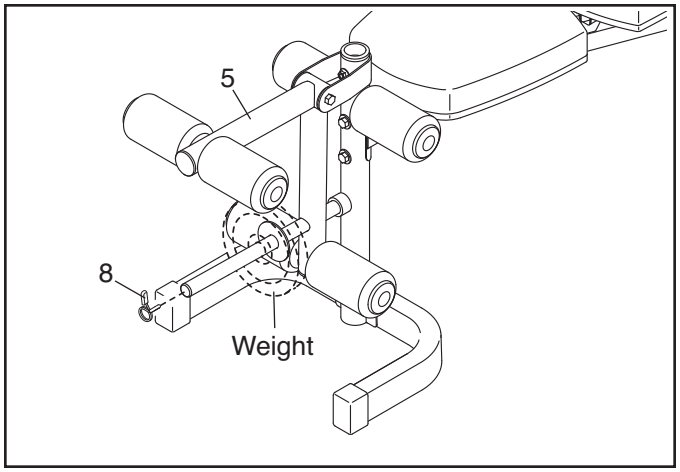
⚠WARNING: Make sure that the Backrest Brace (15) is fully inserted into a slot on the Frame (1).



USING THE LEG LEVER

To use the Leg Lever (5), slide a weight plate (not included) onto the weight tube on the Leg Lever. Then, secure the weight plate with the Weight Clip (8).

⚠WARNING: Do not place more than 130 lbs. (59 kg) on the Leg Lever (5).



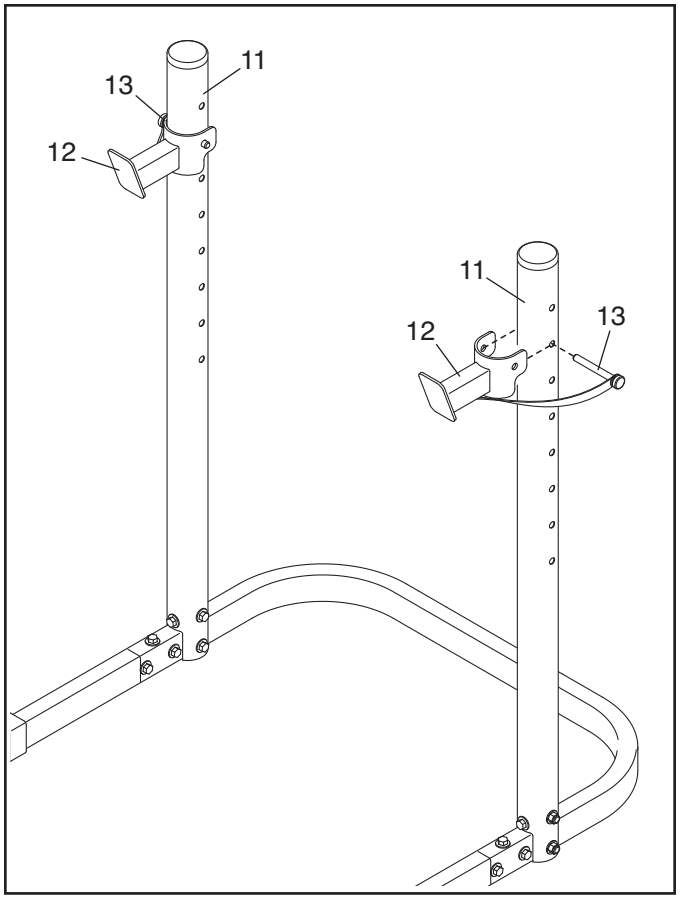
ADJUSTING THE WEIGHT RESTS

To adjust the height of the Weight Rests (12), first remove the Weight Rest Pins (13).

Hold a Weight Rest (12) **on the indicated side** of an Upright (11), and align the Weight Rest with the desired adjustment hole in the Upright. Insert the Weight Rest Pin (13) through the Weight Rest and the Upright.

Adjust the other Weight Rest (12) in the same way.

⚠ WARNING: Always attach the Weight Rests (12) on the indicated side of the Uprights (11). Make sure that both Weight Rests are at the same height and that the Weight Rest Pins (13) are fully inserted. Do not place more than 210 lbs. (95 kg), including a barbell, on the Weight Rests.



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:
- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:
- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:
- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST—Model No. 831.15925.0

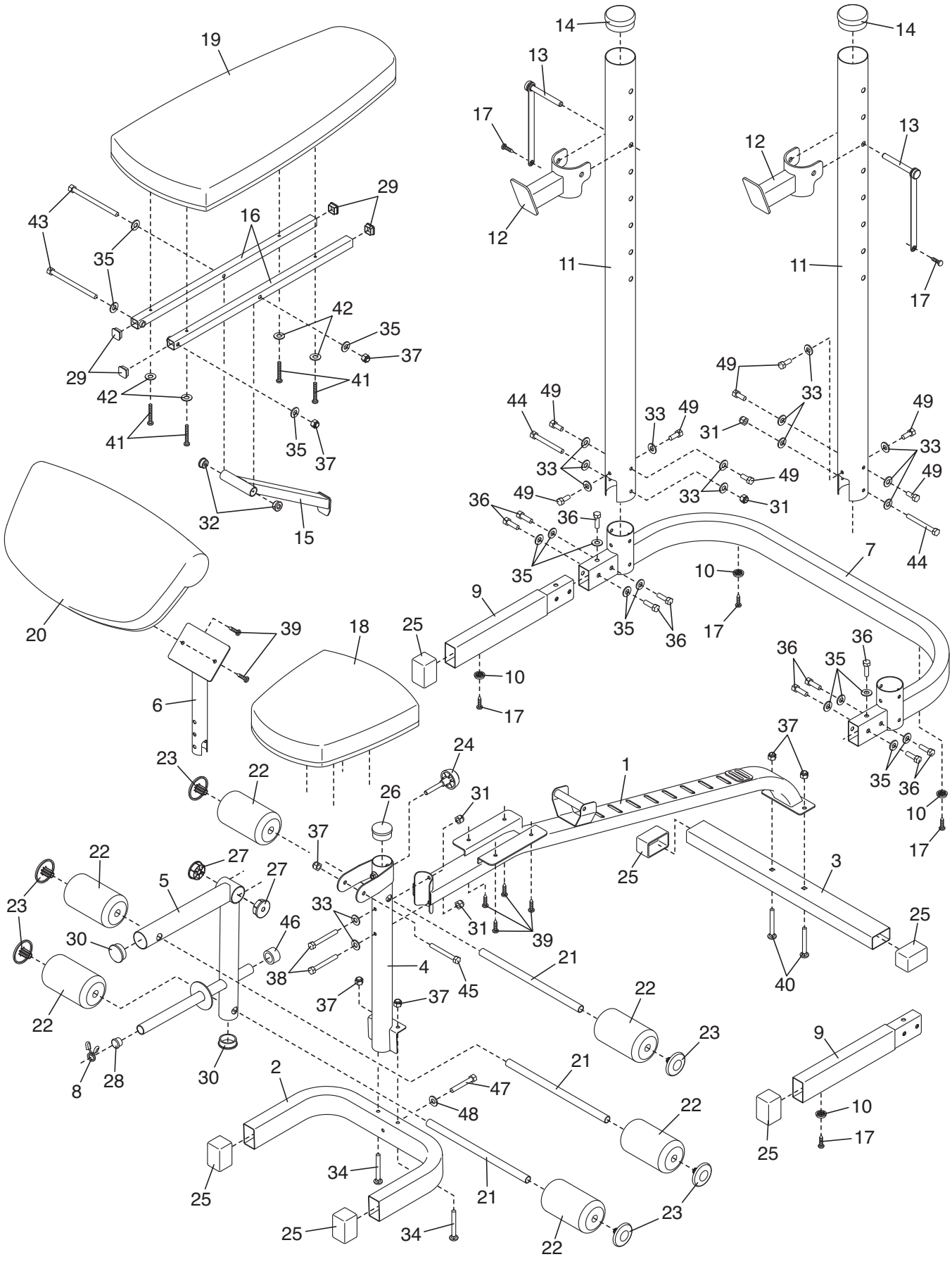
R0710A

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Front Leg
5	1	Leg Lever
6	1	Curl Post
7	1	Base
8	1	Weight Clip
9	2	Base Stabilizer
10	4	Foot
11	2	Upright
12	2	Weight Rest
13	2	Weight Rest Pin
14	2	70mm Round Inner Cap
15	1	Backrest Brace
16	2	Backrest Frame
17	6	ST4.2 x 10mm Screw
18	1	Seat
19	1	Backrest
20	1	Curl Pad
21	3	Pad Tube
22	6	Foam Pad
23	6	Pad Cap
24	1	Curl Post Knob
25	6	35mm x 60mm Outer Cap
26	1	50mm Round Inner Cap
27	2	Leg Lever Bushing
28	1	25mm Round Inner Cap
29	4	25mm Square Inner Cap
30	2	48mm Round Inner Cap
31	4	M8 Locknut
32	2	Backrest Brace Bushing
33	14	M8 Curved Washer
34	2	M10 x 67mm Carriage Bolt
35	14	M10 Washer
36	10	M10 x 18mm Screw
37	7	M10 Locknut
38	2	M8 x 63mm Bolt
39	6	M6 x 25mm Screw
40	2	M10 x 43mm Carriage Bolt
41	4	M6 x 48mm Screw
42	4	M6 Washer
43	2	M10 x 180mm Bolt
44	2	M8 x 83mm Bolt
45	1	M10 x 82mm Bolt
46	1	25mm Round Outer Cap
47	1	M8 x 48mm Screw
48	1	M8 Washer
49	8	M8 x 16mm Screw
*	–	User's Manual
*	–	Exercise Guide
*	–	Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated. **If a part is missing, please call 1-877-992-5999.**

EXPLODED DRAWING—Model No. 831.15925.0

R0710A



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This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, IL 60179

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